



Feeling Is Thinking

Dear Parent/Guardian,

We will be running "Feeling is Thinking" in Term Two and Three here at the school.
This program is run for Year Three to Six students (depending on numbers).

We would like to offer this group to your child / children in your care. We will be running this group during school time at the school.

The group is to assist children with their relationships and in expressing their feelings.

This group is facilitated in small groups (no more than eight children) and focuses on issues such as exploring feelings, strong emotions: what do they look like?, what things make people angry, managing anger, taking risks and practising changes.

Feeling is Thinking runs for eight weeks and each session is for one hour. The group concludes with a 'Celebration' session.

Feeling is Thinking will be facilitated by myself, Cindy Selby and Kelly Dow. If you think your son or daughter (or child in your care) would benefit from Feeling is Thinking we would encourage you to talk to him / her about this. Should you decide that they would like to participate please return the reply slip to myself as soon as possible.

There will be a \$10.00 fee for this program to help with the costs of the journals that your child will receive. Once your child has been placed into a group you will receive a confirmation letter and a request for payment. **Please do not send payment until you receive this request.**

Pakenham Consolidated School are pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

If you require further information about Feeling is Thinking please do not hesitate to contact us here at the school on 5941 1511.

Cindy Selby
Critical Case Manager

Kelly Dow
Primary Wellbeing Officer



Feeling Is Thinking Application Form

Name of Child: _____

Grade: _____

Name of Parent/Guardian: _____

Contact Number: _____

Child's allergies to food: _____

How does your child/child in your care express their feelings?

Yes I would like my son / daughter / child in my care to participate in the
Feeling is Thinking Group

Parent / Guardian Signature